Sessions

Each button has 2 session options. The light will glow solid for Option 1 and blink for Option 2.

Energize
(Energize 1 - 20min / Energize 2 - 18min)
Start your day with either of these sessions or use as a caffeine-free burst of energy. Try Energize 2 for more energizing results.

Meditate
(Meditate 1 - 30min / Meditate 2 - 40min)
Relax with these sessions designed to help you reach meditative states. Use Meditate 2 for an even deeper meditation.

Brain Booster
(Brain 1 - 24min / Brain 2 - 30min)
Improve your mental functioning, focus, and memory. Brain Booster 1 is great for both college students and seniors. Brain Booster 2 is more stimulating and effective for those with ADD.

Sleep
(Sleep 1 - 45min / Sleep 2 - 40min)
Get a better night's sleep. Sleep 1 is best for people with a chatty mind and tense body. Use Sleep 2 for a chatty mind only (relaxed body).

Mood Booster
(Mood 1 - 30min / Mood 2 - 42min)
Settle down negative emotions and thoughts. Mood Booster 1 is most effective in the morning. Use Mood Booster 2 to help you relax and settle anxiety.

david
audio visual
relaxation therapy

WARNING

*Do **NOT** use the DELIGHT if you have a history of epilepsy, photic epilepsy or any seizure disorder. Refer to your Operator's Manual for more information on Warnings and Precautions.*

Clinical research shows that the Delight is effective in reducing cognitive decline, ADD, SAD, depressed mood, insomnia and anxiety.

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DAVID Delight Quick Start

Audio Visual Entrainment Device

Welcome to the wonderful world of Audio Visual Entrainment (AVE)!

Enjoy your journey to better well-being with your Delight.

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Quick Start

Find a comfortable spot

Sessions are an average of 30 minutes. Find somewhere you won't be disturbed. Dark, quiet places are better.

Stay Hydrated

Drink a glass of water at least 15 minutes before your session. Staying hydrated will help to prevent headaches or feeling groggy the first 6-8 times you use the Delight.

Connect Power

Insert the 9V battery according to the diagram inside the battery compartment. Or connect the 9V Adapter to the 9V jack.

Plug in the Eyeset

Connect one end of the eyeset cable to the jack on the left side of the glasses, the other to the jack on the unit.

Plug in the Headphones

Connect the headphone plug to the jack on the unit.

Turn on the Delight

Push and hold ⏻ until the power light comes on.

Select a Session

Press a Session button to start that session. Press it again to select the alternate session. See the Session list for details.

Relax and Enjoy

The session will begin in 5 seconds. Put on the headphones and eyeset. Close your eyes and relax.

Controls

Volume

Press or hold VOL ▲ or ▼ to adjust the volume level.

Light Intensity

Press or hold INT ▲ or ▼ to adjust the eyeset intensity level.

Tones

Press ⟲ to cycle the tone selection. Tones cycle from Pulse to Binaural Beats to Monaural Beats to Off. All sessions start with Pulse tones.

Heartbeat

Press and hold ⟲ to turn the heartbeat sound on or off.
All sessions start with the heartbeat on.

HRV and Breathing

All sessions have a heartbeat soundtrack to help you learn how to breathe deeply and calmly.

To breath with the session, breathe in for 2 of the heartbeat sounds and breathe out for 2 of the heartbeat sounds.

Power

At the end of a session, the lights and sounds of the session will slowly fade out (Soft Off™) and the unit will turn off.

To end the session early, press and release ⏻. The session will fade out and the unit will turn off.

To turn off the Delight immediately, press and hold ⏻ for 3 seconds.

More Information

Please refer to the operator's manual for more information.
www.mindalive.com/manuals/delight_manual.pdf

Battery & Adapter

The Delight monitors the battery level and displays it on the graph when you first turn the unit on and periodically during the session.

If the battery level is blinking 2 bars, we recommend you replace your battery before you run a session.

*If the battery level is a blinking 1 bar, the battery **must** be replaced immediately.*

The Delight can also be powered by a 9V adapter. Plug the adapter into the 9V jack.

Sound Sync

The Delight can synchronize to music and other audio for relaxing and lucid dreaming effects.

Connect your audio source (MP3 player, CD player, etc.) to the jack using the 3.5mm patch cord.

Turn on the Delight, but do not start a session.

Start the music. The Delight will detect audio after ~10 seconds. The graph will activate and the session lights will flicker.

Press a session button to begin (refer to the Sound Sync section of the operator's manual for details).

The session will run for as long as audio is detected and shut off automatically when the audio has ended.